

Supplementary Table 1. Risk of Diabetes or Prediabetes for 10 Percentile of Adiposity Indices in Men

	n (%) of cases of diabetes or prediabetes	Age-adjusted		Multivariate-adjusted*	
		OR	(95% CI)	OR	(95% CI)
Body mass index, kg/m ²					
<21.8	27 (42.9)	Ref.		Ref.	
21.8–22.9	26 (44.1)	1.1	(0.5–2.2)	1.1	(0.5–2.4)
22.9–23.8	24 (37.5)	0.8	(0.4–1.6)	0.9	(0.4–1.8)
23.8–24.5	26 (48.2)	1.3	(0.6–2.8)	1.4	(0.7–3.0)
24.5–25.2	39 (60.0)	2.1	(1.0–4.2)	2.0	(1.0–4.1)
25.2–25.7	32 (57.1)	2.1	(1.0–4.5)	2.1	(1.0–4.4)
25.7–26.5	46 (63.0)	2.6	(1.3–5.3)	2.6	(1.3–5.3)
26.5–27.3	31 (60.8)	2.4	(1.1–5.2)	2.4	(1.1–5.4)
27.3–28.9	40 (58.8)	2.2	(1.1–4.5)	2.4	(1.1–4.9)
≥28.9	44 (75.9)	6.0	(2.7–13.5)	6.2	(2.7–14.2)
Waist circumference, cm					
<78	18 (29.5)	Ref.		Ref.	
78–81	20 (42.6)	1.6	(0.7–3.5)	1.5	(0.7–3.4)
81–83	28 (50.9)	2.3	(1.1–5.1)	2.3	(1.1–5.1)
83–85	35 (49.3)	2.1	(1.0–4.4)	1.9	(0.9–3.9)
85–87	25 (48.1)	2.0	(0.9–4.5)	1.9	(0.9–4.3)
87–89	36 (54.6)	2.7	(1.3–5.7)	2.6	(1.2–5.5)
89–91	43 (60.6)	3.6	(1.7–7.6)	3.6	(1.7–7.6)
91–93	33 (64.7)	4.4	(2.0–9.9)	4.1	(1.8–9.3)
93–97	48 (70.6)	5.5	(2.5–11.9)	5.3	(2.4–11.7)
≥97	49 (71.0)	6.3	(2.9–13.7)	6.2	(2.8–13.7)
Waist-height ratio					
<0.45	15 (28.3)	Ref.		Ref.	
0.45–0.47	23 (38.3)	1.6	(0.7–3.5)	1.5	(0.7–3.4)
0.47–0.49	46 (50.0)	2.3	(1.1–4.8)	2.2	(1.0–4.6)
0.49–0.50	22 (44.0)	1.9	(0.8–4.3)	1.7	(0.7–4.0)
0.50–0.51	32 (58.2)	3.2	(1.4–7.1)	2.8	(1.2–6.4)
0.51–0.52	30 (58.8)	3.3	(1.4–7.5)	3.3	(1.4–7.7)
0.52–0.53	33 (67.4)	5.0	(2.1–11.8)	4.5	(1.9–10.8)
0.53–0.55	49 (58.3)	3.1	(1.4–6.5)	2.8	(1.3–5.9)
0.55–0.57	41 (70.7)	5.4	(2.4–12.5)	5.1	(2.2–12.0)
≥0.57	44 (74.6)	6.9	(2.9–16.1)	6.8	(2.9–16.0)
Waist-hip ratio					
<0.83	16 (28.1)	Ref.		Ref.	
0.83–0.86	33 (45.2)	2.1	(1.0–4.4)	2.1	(1.0–4.6)
0.86–0.88	42 (53.9)	2.6	(1.3–5.5)	2.6	(1.2–5.4)
0.88–0.89	22 (43.1)	1.7	(0.8–3.9)	1.7	(0.7–3.9)
0.89–0.90	28 (51.9)	2.7	(1.2–5.9)	2.6	(1.1–5.7)
0.90–0.91	33 (66.0)	4.4	(1.9–10.2)	4.8	(2.1–11.1)
0.91–0.92	30 (54.6)	2.8	(1.2–6.1)	2.8	(1.3–6.4)
0.92–0.94	56 (64.4)	3.8	(1.8–8.0)	4.0	(1.9–8.4)
0.94–0.96	29 (64.4)	4.2	(1.8–9.8)	3.7	(1.6–8.8)
≥0.96	46 (75.4)	6.4	(2.8–14.8)	6.4	(2.7–14.9)
Waist-thigh ratio					
<1.55	19 (30.2)	Ref.		Ref.	
1.55–1.61	29 (46.0)	1.9	(0.9–4.0)	2.0	(0.9–4.2)

Supplementary Table 1. Risk of Diabetes or Prediabetes for 10 Percentile of Adiposity Indices in Men (Continued)

	n (%) of cases of diabetes or prediabetes	Age-adjusted		Multivariate-adjusted*	
		OR	(95% CI)	OR	(95% CI)
1.61–1.64	21 (41.2)	1.4	(0.7–3.2)	1.5	(0.7–3.2)
1.64–1.68	40 (58.0)	2.8	(1.3–5.7)	2.8	(1.3–5.8)
1.68–1.71	32 (47.8)	1.8	(0.9–3.7)	1.8	(0.9–3.8)
1.71–1.74	33 (61.1)	2.8	(1.3–6.2)	2.8	(1.3–6.3)
1.74–1.77	39 (60.0)	3.0	(1.4–6.2)	3.2	(1.5–6.8)
1.77–1.81	39 (68.4)	4.2	(1.9–9.2)	4.3	(1.9–9.6)
1.81–1.87	41 (68.3)	3.8	(1.7–8.4)	3.7	(1.7–8.3)
≥1.87	42 (67.7)	3.6	(1.6–7.8)	3.7	(1.7–8.2)
Visceral fat mass, kg					
<0.48	13 (21.3)	Ref.		Ref.	
0.48–0.70	22 (36.1)	2.0	(0.9–4.6)	2.1	(0.9–4.8)
0.70–0.86	26 (41.9)	2.9	(1.3–6.5)	3.1	(1.4–6.9)
0.86–1.01	32 (53.3)	4.5	(2.0–10.1)	4.7	(2.1–10.7)
1.01–1.16	35 (57.4)	4.7	(2.1–10.7)	4.4	(1.9–9.9)
1.16–1.29	37 (60.7)	5.9	(2.6–13.3)	5.9	(2.6–13.3)
1.29–1.44	39 (63.9)	6.6	(2.9–15.1)	6.7	(2.9–15.4)
1.44–1.70	39 (63.9)	7.1	(3.1–16.0)	7.4	(3.2–17.0)
1.70–2.00	42 (68.9)	7.7	(3.4–17.8)	8.1	(3.5–18.9)
≥2.00	50 (80.7)	16.0	(6.5–39.0)	15.9	(6.4–39.2)

OR, odds ratio; CI, confidence interval.

*Adjusted for age, smoking status, alcohol consumption, physical activity and education.